



# Healthy Beginnings

Volume XIII, Issue 1 Fall 2011



Promoting Healthy Births and Healthy Families

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<http://www.newfamily.org>

## October is National Domestic Violence Awareness Month

### Domestic Violence sometimes starts or gets worse during pregnancy.

Domestic Violence is when one person attempts to control another through threats or actually using any or all of the following: physical, sexual, verbal and psychological abuse.

**The most common reason given for increased violence during pregnancy is that the father feels a greater sense of stress over the future birth.**

For many women, pregnancy is a time of peace and safety where the mother can focus on her health and growing a healthy baby. For some women, however, it may begin a cycle of violence that may affect her unborn child.

A woman who is abused during pregnancy may be more likely to have a miscarriage, infections, bleeding, anemia and other health problems. She is twice as likely to have a low birth weight baby. Most men who physically abuse their partners also

abuse their children. Family violence creates a home where children live in constant fear. Each year in the U.S. 3.3 million children are exposed to Domestic Violence against their mother or female caretakers. In 90% of the cases they will be in the same room or the next room when the violence occurs.

Here are some eye-opening statistics:

- 1 in 5 women will be abused during pregnancy
- 50-75% of women abused before they become pregnant are also abused during pregnancy
- Women with unplanned pregnancies are 2 to 4 times more likely to get physically abused than women who have planned their pregnancies
- Homicide during pregnancy is now the leading cause of death of pregnant women

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**“The most common way people give up their power is by thinking they don’t have any.”**

Alice Walker



### What can you do to avoid the Flu?

Influenza (the flu) is a serious illness, especially when you are pregnant. Even if you are generally healthy, changes in immune, heart and lung

functions during pregnancy make you more likely to get seriously ill from the flu. Getting a flu shot is the first and most important step in protecting yourself against the flu. After you receive a flu shot, your body starts to make antibodies that can be passed to your unborn child and help protect them up to 6 months

after they are born. To further protect yourself and your baby remember these steps:

- Wash your hands often with soap and warm water especially after you cough or sneeze.
- Avoid touching your eyes, nose or mouth. Germs spread this way.
- Try to avoid close contact with sick people

**Talk to your health care provider about getting a flu shot.** For more information visit [www.flu.gov](http://www.flu.gov). or [www.cdc.gov/flu](http://www.cdc.gov/flu). See ad on back page for Flu Clinic Information.

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**The mission of the Mohawk Valley Perinatal Network is to improve birth outcomes and maternal, child and family health.**

## Domestic Violence continued from page 1

The **YWCA** offers a 24-hour domestic & sexual violence hotline, information and referrals, counseling and support groups, emergency shelter, transitional housing, case management, advocacy and accompaniment (court, etc). YWCA covers domestic & sexual violence in Oneida County and sexual violence in Herkimer County

**Catholic Charities** offers a 24-hour domestic violence hotline, safe temporary shelter for battered women and children, supportive counseling, support, accompaniment and advocacy through legal, medical, housing and social services systems, support groups, information and referrals, community education and professional training programs. Catholic Charities covers domestic violence support in Herkimer County.

### Catholic Charities Clothesline Project

Herkimer County Community College

T-shirts will be displayed October 17- October 20

Shirts symbolize acts of violence & create awareness

Call for more information 894-9917

Watch Catholic Charities October 19th WKTV News Talk

### YWCA Take Back the Night

When: Wednesday, October 19, 6 to 8 p.m.

Where: Hanna Park, 1 Kennedy Plaza, Utica.

About: This anti-violence march through the streets of Utica and rally at Hanna Park are open to anyone interested in speaking out against domestic and sexual violence. Refreshments provided. For more information call 732-2159 ext. 230 or e-mail [rvennero@ywcamv.org](mailto:rvennero@ywcamv.org).

### HOTLINES

797-7740

YWCA

866-0458

Catholic Charities

Free & Confidential



National Dating Abuse Helpline 1-866-331-9474

National DV Hotline 1-800-799-SAFE (7233)

[www.loveisrespect.org](http://www.loveisrespect.org) and [www.thehotline.org](http://www.thehotline.org)

## October is National SIDS (Sudden Infant Death Syndrome) Awareness Month

Call Mohawk Valley Perinatal Network at 315-732-4657 ext. 228 for more information on keeping your baby safe.

### Poison Prevention Tips

#### Store Poisons Safely

- Store cleaning products and medicines locked up, where children cannot see or reach them.
- Store poisons in their original containers.
- Use child-resistant packaging. But remember nothing is child-proof!

#### Use Poisons Safely

- Read the label. Follow the directions on medicines and products.
- Take the product or medicine with you to answer the door or the phone when children are around.
- Lock products and medicines up after using them.
- Is it medicine? Call it medicine, not candy.
- Children learn by imitation. Take your medicines where children can't watch.

#### Teach Children to Stop and Ask First

Poisons can look like food or drink. Teach children to ask an adult before eating or drinking anything.

#### Program Your Cell Today! 1-800-222-1222

*50% of calls to the Poison Center involve children under 5*



### Halloween Safety Tips

- Dress children in bright and reflective costumes.
- Be sure costumes are short enough to prevent tripping and getting tangled up.
- Make sure accessories are safe for children to carry.
- Children can decorate their pumpkin. They should never carve a pumpkin.
- Consider using a flashlight or LED battery candle instead of a candle with a flame.
- Young children should always trick-or-treat with an adult.
- Feed children a healthy meal before going out for candy.



Happy Halloween!

(American Academy of Pediatrics  
October 2010)



## Beware of Backover

**Problem:** Many children are killed or seriously injured in backover incidents. A backover incident typically occurs when a car coming out of a driveway or parking space backs over a child because the driver did not see him/her.

### Prevention Tips:

- Teach children not to play in or around cars.
- Supervise children carefully when in and around vehicles.
- Always walk around your vehicle and check the area around it before backing up.
- Be aware of small children-the smaller a child, the more likely it is you will not see them.
- Teach children to move away from a vehicle when a driver gets in it or if the car is started.
- Have children in the area stand to the side of the driveway or sidewalk so you can see them as you are backing out of a driveway or parking space.
- Make sure to look behind you while backing up slowly in case a child dashes behind your vehicle unexpectedly.
- Take extra care if you drive a large vehicle because they are likely to have bigger blind zones. Roll down your windows while backing out of your driveway or parking space so that you'll be able to hear what is happening outside of your vehicle.
- Teach your children to keep their toys and bikes out of the driveway.
- Because kids can move unpredictably, you should actively check your mirrors while backing up.

### **Infant Car Seat Safety**

Children under the age of 1 should always ride in a **REAR-FACING** car seat.

There are different types of rear-facing car seats: Infant-only car seats can only be used rear-facing. Convertible and 3-in-1 car seats typically have higher height and weight limits for the rear-facing position, allowing you to keep your child rear-facing for a longer period of time.



### **Toddler Car Seat Safety**

Keep your 1-3 year old children in **REAR-FACING** car seats for as long as possible. It's the best way to keep them safe. They should remain in a rear-facing car seat until they reach the top height or weight limit allowed by your car seat's manufacturer.



### **Recommendations For All Ages**

- Select a car seat based on your child's age, height, and weight.
- Keep your child in the car seat for as long as possible, as long as your child fits the seat's height and weight requirements.
- **All children under 13 should ride in the back seat.**

★ Follow your car seat manufacturer's instructions and your vehicle owner's manual on how to install.

★ **GET HELP** - Certified technicians are available to check your car seat installation for free.

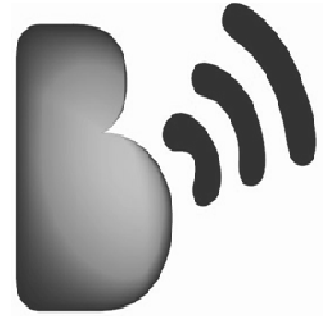
[www.nhtsa.gov](http://www.nhtsa.gov) for more information or contact Oneida County Injury Prevention Program 315-798-5655



**We'd like to hear from you!**  
 Send information about upcoming events or ideas for future articles to: MVPN Newsletter, 1000 Cornelia Street, 2nd Floor, Utica, NY 13502; Fax: 624-3682; Email: dhaldenwang@newfamily.org

One of 16  
**Perinatal Networks**  
 funded by the NYS  
 Department of Health.

Text4baby  
 will send you  
 3 **FREE** text messages  
 each week with tips to help  
 you through your pregnancy  
 and your baby's first year.



For English,  
 text BABY to 511411

Envia BEBE al  
 511411 para Español

**text4baby**™

### Facilitated Enrollment

The Mohawk Valley Perinatal Network offers families the opportunity to apply for Health Insurance through Child Health Plus, Family Health Plus and Medicaid. Our Facilitated Enrollers will help complete the application process. Appointments can be made in Utica and throughout Herkimer, Madison and Oneida counties.

For more information or to schedule an appointment, call MVPN at 315-732-4657 or toll free at 1-877-267-6193.

### HIV Testing & Counseling

Free, confidential, WALK-IN Clinics:  
 Utica Clinic 406 Elizabeth Street  
 Mon. & Fri. 9-11am and Wed. 1-3pm  
 Rome Clinic 228 W. Dominick Street  
 Tuesday 9:30-11am

Testing that requires an appointment:  
 St. Elizabeth Family Medicine 120 Hobart St.  
 For confidential appointment call 798-1149  
 Herkimer County Public Health 315-867-1176

### Need a Flu Shot?

For a list of Flu Clinics Contact:

Oneida County Health Department  
 315-798-5748  
 Herkimer County Public Health  
 315-867-1176

(Flu information will be presented at the next  
 Community Baby Shower)



### Join us for the Mohawk Valley Perinatal Network **COMMUNITY BABY SHOWER & BOOT CAMP FOR NEW DADS**

Information for pregnant and  
 parenting families, refreshments and gifts!

These programs are **FREE!** Parents who are expecting or  
 have children under 1 years old are welcome to attend.

**October 19th at 6pm**  
 Faxton St. Luke's Allen Calder Wing  
 Call Cheri Elefante 732-4657 x228 to RSVP.

**Pregnant?**

**Protect  
 yourself and  
 your baby.**

**Get early  
 prenatal  
 care.**

### **Prenatal Care - Medicaid Prenatal Services Program/MOMS**

Early and regular check-ups are important to you and your baby's health.

Medicaid Prenatal Services Program offers complete pregnancy care and other health care services to women and teens who live in New York State.

The Medicaid Obstetrical and Maternal Service (MOMS) Program provides complete pregnancy services in areas of the state where Prenatal Services centers are not located.

And there's no cost to eligible women who participate in MOMS or Medicaid Prenatal Services!

Call MVPN at 732-4657 or toll free at 1-877-267-6193 for more information.